

# A TIME TO MEDITATE

## MORNING SERIES

A WONDERFUL WAY TO BEGIN YOUR DAY AND WEEK! PARTICIPANTS WILL LEARN HOW TO REDUCE STRESS LEVELS IN OUR GROUP MEDITATION FORMAT. IN ADDITION, THEY WILL LEARN VARIOUS WAYS TO QUIET THE MIND.

### Robert E. Reid, Sr. Recreation Center

Defense Hill Road & Route 25A  
Shoreham, NY 11786

### Mondays | 9:30AM-11:00AM

February 3, 10, 24, March 2, 9, 16, 23, 30  
Pre-register by Thursday, January 30, 2020

**\$30.00 per 8-week session**

**Call 631-744-2601**

for more information or to register.

\*Acceptable payments include check, money order & credit card.

\*No cash payments accepted.

\*All cancellations, except by the Town, are subject to a 15% administrative handling fee.



Visit us on the web:

[www.BrookhavenNY.gov](http://www.BrookhavenNY.gov)

[www.Facebook.com/BrookhavenParks](https://www.Facebook.com/BrookhavenParks)

Edward P. Romaine, Supervisor

Edward P. Morris, Commissioner

#### TOWN COUNCIL

Valerie M. Cartright, District 1

Jane Bonner, District 2

Kevin J. LaValle, District 3

Donna Lent, Town Clerk

Louis Marcoccia, Receiver of Taxes

Daniel P. Losquadro, Superintendent of Highways

631-451-TOWN

